

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 18:3 n-3 c,c,c (ALA) (g) ; 20:5 n-3 (EPA) (g) ; 22:6 n-3 (DHA) (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: February 26, 2016 06:44 EST

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
42231	Oil, flaxseed, cold pressed	53.37	--	0.00
04707	Oil, flaxseed, contains added sliced flaxseed	48.93	--	0.00
12006	Seeds, chia seeds, dried	17.83	--	--
04582	Oil, canola	9.14	--	0.00
12012	Seeds, hemp seed, hulled	8.68	--	--
04650	Oil, industrial, soy, refined, for woks and light frying	6.91	--	0.00
04044	Oil, soybean, salad or cooking	6.79	--	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	6.54	--	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	6.40	--	0.00
04644	Oil, industrial, canola for salads, woks and light frying	6.34	--	0.00
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	6.24	0.00	--
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	6.18	0.00	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	5.96	--	0.00
42289	Oil, corn and canola	5.80	--	0.00
04025	Salad dressing, mayonnaise, regular	5.33	0.00	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	4.68	0.00	0.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	4.68	0.00	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	3.84	--	0.00
27066	Sauce, horseradish	3.41	0.00	0.00
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	3.38	--	0.00
04639	Salad dressing, ranch dressing, regular	3.28	0.00	0.00
21311	McDONALD'S, Creamy Ranch Sauce	3.24	--	--
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	3.19	0.00	0.01
16399	Peanut butter with omega-3, creamy	2.93	--	0.00
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	2.92	--	0.00
04699	Oil, industrial, soy, low linolenic	2.68	--	0.00
12154	Nuts, walnuts, black, dried	2.68	--	0.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	2.67	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	2.67	--	0.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	2.64	--	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	2.64	--	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	2.48	--	0.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	2.41	--	0.00
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	2.39	0.31	0.32
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	2.29	0.00	0.00
04698	Oil, industrial, canola, high oleic	2.20	--	0.00
04630	Margarine Spread, approximately 48% fat, tub	2.12	--	0.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	2.07	--	0.00
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	2.07	--	--
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	2.02	0.01	0.00
20118	Noodles, flat, crunchy, Chinese restaurant	2.01	--	0.00
04687	Margarine-like spread, BENECOL Light Spread	1.98	--	0.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	1.96	--	0.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	1.96	--	0.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	1.96	--	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	1.94	--	0.00
04615	Shortening, vegetable, household, composite	1.88	--	0.00
02029	Spices, parsley, dried	1.86	--	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	1.75	--	0.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	1.75	--	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	1.75	--	0.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	1.75	--	0.00
06627	Sauce, pesto, ready-to-serve, shelf stable	1.75	--	0.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	1.74	0.01	0.00
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	1.74	0.01	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	1.73	--	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	1.63	--	0.00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	1.61	--	0.00
04641	Salad dressing, mayonnaise, light	1.52	0.00	0.00
18229	Crackers, standard snack-type, regular	1.48	--	0.00
04114	Salad dressing, italian dressing, commercial, regular	1.43	--	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	1.36	--	0.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	1.29	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
06626	Sauce, pesto, ready-to-serve, refrigerated	1.27	0.00	0.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	1.27	0.00	0.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	1.20	--	0.00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	1.20	0.00	0.00
18621	NABISCO, NABISCO RITZ Crackers	1.19	--	0.00
36022	APPLEBEE'S, crunchy onion rings	1.18	--	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	1.16	--	0.00
18954	Bread, pound cake type, pan de torta salvadoran	1.16	0.00	0.01
36031	DENNY'S, onion rings	1.14	--	0.00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	1.12	--	0.00
36020	T.G.I. FRIDAY'S, chicken fingers	1.10	--	0.00
36028	DENNY'S, coleslaw	1.10	0.00	0.00
36036	Restaurant, family style, onion rings	1.08	--	0.00
04700	Oil, industrial, soy, ultra low linolenic	1.06	--	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	1.03	--	0.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.02	0.00	0.01
36001	APPLEBEE'S, Double Crunch Shrimp	0.98	0.03	0.03
36015	Restaurant, family style, chicken fingers, from kid's menu	0.97	0.00	0.00
21314	McDONALD'S, Spicy Buffalo Sauce	0.96	--	--
18232	Crackers, wheat, regular	0.96	0.00	0.00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.94	--	0.00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.93	0.04	0.06
28345	Crackers, gluten-free, multi-seeded and multigrain	0.92	0.01	0.00
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	0.92	0.01	0.00
36605	CRACKER BARREL, country fried shrimp platter	0.92	--	0.05
36026	CRACKER BARREL, onion rings, thick-cut	0.92	--	0.00
36016	Restaurant, family style, shrimp, breaded and fried	0.91	--	0.04
36007	T.G.I. FRIDAY'S, french fries	0.89	--	0.00
18192	Cookies, shortbread, commercially prepared, plain	0.88	0.00	0.00
28308	Crackers, standard snack-type, with whole wheat	0.86	0.00	0.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	0.86	0.00	0.00
18950	Crackers, wheat, reduced fat	0.85	0.00	0.00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.85	0.00	0.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.84	--	0.00
36618	Restaurant, Chinese, general tso's chicken	0.84	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
36035	Restaurant, family style, coleslaw	0.84	0.00	0.00
18235	Crackers, whole-wheat	0.83	--	0.00
36025	CRACKER BARREL, coleslaw	0.83	--	0.00
36612	DENNY'S, golden fried shrimp	0.83	0.05	0.04
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.83	0.00	0.00
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.80	0.00	0.00
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0.80	0.00	0.00
36014	Restaurant, family style, french fries	0.79	--	0.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.79	--	0.00
36622	Restaurant, Chinese, sweet and sour pork	0.78	0.00	0.00
36633	Restaurant, Chinese, sesame chicken	0.77	0.00	0.00
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.77	0.00	0.00
36621	Restaurant, Chinese, sweet and sour chicken	0.77	--	0.00
36027	DENNY'S, chicken strips	0.77	0.00	0.00
28346	Waffles, gluten-free, frozen, ready-to-heat	0.77	0.00	0.00
28375	VAN'S, Gluten Free, Totally Original Waffles	0.77	0.00	0.00
21246	WENDY'S, Chicken Nuggets	0.76	0.00	0.00
36610	DENNY'S, french fries	0.76	--	0.00
36607	CRACKER BARREL, steak fries	0.75	--	0.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.74	0.02	0.12
36002	APPLEBEE'S, french fries	0.73	0.00	0.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.72	--	0.00
18214	Crackers, cheese, regular	0.72	0.00	0.00
18213	Cookies, vanilla wafers, higher fat	0.71	0.00	0.00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	0.70	0.00	0.00
21525	PIZZA HUT, breadstick, parmesan garlic	0.70	0.00	0.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.69	0.02	0.12
05714	Turkey, skin, from retail parts, from dark meat, raw	0.68	0.01	0.01
36606	CRACKER BARREL, farm raised catfish platter	0.68	0.01	0.07
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.67	0.01	0.01
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0.67	0.01	0.01
36617	Restaurant, Chinese, lemon chicken	0.66	--	0.00
05170	Turkey, skin from whole (light and dark), roasted	0.66	--	0.01
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	0.66	--	0.01
21259	BURGER KING, Original Chicken Sandwich	0.65	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
21247	WENDY'S, french fries	0.64	0.00	0.00
36601	Restaurant, Chinese, egg rolls, assorted	0.64	--	--
36034	Restaurant, family style, chicken tenders	0.64	0.00	0.00
36029	DENNY'S, fish fillet, battered or breaded, fried	0.63	0.06	0.11
22971	Potato salad with egg	0.63	0.00	0.00
36030	DENNY'S, hash browns	0.62	--	0.00
36039	Restaurant, family style, hash browns	0.62	--	0.00
02027	Spices, oregano, dried	0.62	--	0.00
36629	Restaurant, Chinese, orange chicken	0.62	0.00	0.00
21078	Fast foods, nachos, with cheese	0.62	--	0.00
21268	TACO BELL, Nachos	0.62	--	0.00
32007	Taquitos, frozen, beef and cheese, oven-heated	0.62	0.00	0.00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.61	0.03	0.06
21144	CHICK-FIL-A, hash browns	0.61	--	0.00
21232	McDONALD'S, FILET-O-FISH	0.61	0.03	0.06
05169	Turkey, skin from whole, (light and dark), raw	0.61	0.01	0.01
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.61	0.01	0.01
21508	WEND'YS, Crispy Chicken Sandwich	0.60	0.00	0.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0.60	--	0.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	0.59	--	0.00
02011	Spices, cloves, ground	0.58	0.01	0.00
36008	T.G.I. FRIDAY'S, fried mozzarella	0.58	0.00	0.00
28310	Cookies, shortbread, reduced fat	0.58	--	0.00
21130	Fast foods, onion rings, breaded and fried	0.58	0.00	0.00
21422	KFC, Popcorn Chicken	0.58	0.00	0.00
21509	BURGER KING, Onion Rings	0.58	0.00	0.00
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.57	0.00	0.00
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.57	0.00	0.00
21420	KFC, Coleslaw	0.57	--	0.00
10006	Pork, fresh, separable fat, raw	0.56	0.00	0.02
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.56	0.05	0.11
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0.55	--	0.00
16037	Beans, navy, mature seeds, raw	0.54	--	0.00
36012	Restaurant, family style, fried mozzarella sticks	0.54	0.00	0.00
18228	Crackers, saltines (includes oyster, soda, soup)	0.54	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
04640	Salad dressing, ranch dressing, reduced fat	0.53	--	0.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	0.53	0.02	0.02
43215	Salad dressing, buttermilk, lite	0.53	--	0.00
36611	DENNY'S, mozzarella cheese sticks	0.52	0.00	0.00
02009	Spices, chili powder	0.52	--	0.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.51	--	0.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.51	--	0.00
36004	APPLEBEE'S, mozzarella sticks	0.50	0.00	0.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0.50	0.00	0.00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0.49	--	0.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.49	0.00	0.01
21105	Fast foods, fish sandwich, with tartar sauce	0.49	0.03	0.06
21258	BURGER KING, Premium Fish Sandwich	0.49	0.03	0.06
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.48	--	0.00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.48	--	0.00
36018	APPLEBEE'S, fish, hand battered	0.48	0.05	0.11
10864	Pork, bacon, rendered fat, cooked	0.48	--	0.00
21387	BURGER KING, Hash Brown Rounds	0.48	--	0.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.47	--	0.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	0.47	0.00	0.00
21253	BURGER KING, WHOPPER, with cheese	0.47	--	0.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0.46	--	0.01
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	0.46	0.00	0.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0.46	0.00	0.00
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0.46	0.00	0.00
36021	APPLEBEE'S, coleslaw	0.46	--	0.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.45	--	0.00
21488	Fast foods, quesadilla, with chicken	0.45	0.01	0.00
02028	Spices, paprika	0.45	--	0.00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0.45	0.00	0.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	0.45	--	0.00
22918	Burrito, bean and cheese, frozen	0.45	0.00	0.00
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	0.45	--	0.00
04021	Salad dressing, italian dressing, commercial, reduced fat	0.44	--	0.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.44	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
21355	McDONALD'S, McCHICKEN Sandwich	0.43	0.00	0.00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.43	0.00	0.00
21313	McDONALD'S, Hot Mustard Sauce	0.43	--	--
16173	Frijoles rojos volteados (Refried beans, red, canned)	0.43	--	0.00
36040	CRACKER BARREL, macaroni n' cheese	0.42	0.00	0.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.42	--	0.00
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	0.42	--	0.00
10007	Pork, fresh, separable fat, cooked	0.42	0.00	0.02
21319	McDONALD'S, Hash Brown	0.41	--	0.00
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.41	0.00	0.00
21138	Fast foods, potato, french fried in vegetable oil	0.41	--	0.00
28331	Crackers, flavored, fish-shaped	0.40	--	0.00
21415	POPEYES, biscuit	0.40	--	0.00
05674	Chicken, skin (drumsticks and thighs), raw	0.40	--	0.01
36418	Restaurant, Mexican, refried beans	0.40	--	0.00
18949	Crackers, whole-wheat, reduced fat	0.39	--	0.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	0.39	--	0.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	0.39	--	0.00
25064	Snacks, potato chips, lightly salted	0.39	--	0.00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.39	0.00	0.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0.39	--	0.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.38	0.01	0.01
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0.38	0.00	0.00
21238	McDONALD'S, french fries	0.38	--	0.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.38	--	0.01
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.38	--	0.01
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.38	--	--
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0.38	--	--
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	0.38	0.02	--
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.38	--	0.00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.38	0.01	0.01
02046	Mustard, prepared, yellow	0.37	--	0.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.37	0.00	0.01
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.37	--	0.00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.36	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0.36	0.00	0.00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	0.36	0.00	0.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0.36	--	0.00
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	0.36	--	0.00
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	0.36	0.00	0.00
11212	Edamame, frozen, prepared	0.36	0.00	0.00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.36	--	0.00
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	0.36	--	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.35	--	0.00
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	0.35	0.00	0.00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	0.35	0.00	0.00
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	0.35	0.00	0.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	0.35	0.00	0.00
22955	Egg rolls, vegetable, frozen, prepared	0.34	--	0.00
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0.34	0.00	0.00
19411	Snacks, potato chips, plain, salted	0.34	0.00	0.00
07973	Turkey bacon, microwaved	0.34	0.02	0.01
22978	Chicken tenders, breaded, frozen, prepared	0.34	0.00	0.00
21061	Fast foods, burrito, with beans and cheese	0.34	0.00	0.00
21264	TACO BELL, Bean Burrito	0.34	0.00	0.00
06043	Soup, cream of mushroom, canned, condensed	0.33	--	0.00
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.33	0.00	0.00
07024	Frankfurter, chicken	0.33	--	0.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0.32	0.04	0.00
21321	McDONALD'S, Hotcakes (plain)	0.32	--	--
21421	KFC, Crispy Chicken Strips	0.32	0.00	0.00
01001	Butter, salted	0.32	--	0.00
01145	Butter, without salt	0.32	--	0.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	0.32	--	0.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0.32	0.00	0.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	0.32	--	0.00
21269	TACO BELL, Nachos Supreme	0.32	0.00	0.00
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	0.32	--	0.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.31	--	0.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	0.31	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	0.31	--	0.00
25028	Tortilla chips, yellow, plain, salted	0.31	0.00	0.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.31	--	0.00
27052	Dip, salsa con queso, cheese and salsa- medium	0.31	--	0.00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	0.31	0.00	0.00
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	0.30	--	--
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.30	--	0.01
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.30	0.00	0.00
36403	Restaurant, Latino, empanadas, beef, prepared	0.30	--	0.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0.30	--	0.00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	0.30	0.00	0.00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	0.30	0.00	0.00
02003	Spices, basil, dried	0.30	--	0.00
21256	BURGER KING, Chicken Strips	0.30	0.00	0.00
21309	McDONALD'S, Chicken McNUGGETS	0.30	0.00	0.00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0.29	0.02	0.01
10895	Pork, cured, ham, separable fat, boneless, unheated	0.29	--	0.00
07953	Pork sausage, link/patty, fully cooked, microwaved	0.29	0.00	0.01
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.29	0.01	0.00
01002	Butter, whipped, with salt	0.28	0.02	0.00
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0.28	0.03	0.01
19042	Snacks, potato chips, barbecue-flavor	0.28	--	0.00
07969	Kielbasa, fully cooked, pan-fried	0.28	0.00	0.01
18166	Cookies, chocolate sandwich, with creme filling, regular	0.28	--	0.00
21127	Fast foods, coleslaw	0.28	0.01	0.00
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.28	0.00	0.00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0.28	0.00	0.00
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0.28	0.02	0.01
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0.28	0.01	0.01
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.28	0.00	0.00
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.28	0.00	0.00
28307	Bread, naan, plain, commercially prepared, refrigerated	0.28	--	0.00
21252	BURGER KING, WHOPPER, no cheese	0.28	--	0.00
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0.28	--	0.00
02033	Spices, poppy seed	0.27	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
21249	BURGER KING, french fries	0.27	--	0.00
18360	Taco shells, baked	0.27	--	0.00
10894	Pork, cured, ham, separable fat, boneless, heated	0.27	--	0.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0.27	--	--
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.27	0.00	0.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0.27	0.02	0.00
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	0.27	0.00	0.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	0.26	0.01	0.00
19003	Snacks, corn-based, extruded, chips, plain	0.26	0.01	0.00
36603	Restaurant, Chinese, beef and vegetables	0.26	0.00	0.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.26	--	0.00
19057	Snacks, tortilla chips, nacho cheese	0.26	--	0.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0.26	0.00	0.00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	0.26	0.01	0.00
36626	Restaurant, Chinese, chicken and vegetables	0.26	0.00	0.00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0.26	0.01	0.04
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0.26	0.02	0.01
02015	Spices, curry powder	0.26	--	0.00
07964	Frankfurter, meat and poultry, cooked, grilled	0.26	0.00	0.01
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0.26	0.00	0.01
36620	Restaurant, Chinese, shrimp and vegetables	0.26	0.02	0.02
07963	Frankfurter, meat and poultry, cooked, boiled	0.25	0.00	0.01
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0.25	--	0.00
07952	Bologna, chicken, turkey, pork	0.25	--	0.00
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0.25	0.00	0.00
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	0.25	0.00	0.00
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	0.25	0.02	0.01
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.25	--	0.00
07967	Pork sausage, link/patty, fully cooked, unheated	0.25	0.00	0.01
07968	Kielbasa, fully cooked, grilled	0.25	0.00	0.01
36050	Restaurant, Mexican, cheese enchilada	0.25	0.00	0.00
36619	Restaurant, Chinese, kung pao chicken	0.24	--	0.00
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	0.24	0.00	0.00
07970	Kielbasa, fully cooked, unheated	0.24	0.00	0.01
07254	Turkey bacon, unprepared	0.24	0.01	0.01

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	0.24	0.00	0.00
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0.24	0.00	0.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0.24	--	0.00
17154	Veal, Australian, separable fat, raw	0.24	0.02	--
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.24	0.02	0.01
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0.24	0.00	0.00
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0.24	--	0.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0.24	0.01	0.00
36417	Restaurant, Mexican, spanish rice	0.24	--	0.00
07962	Frankfurter, meat and poultry, unheated	0.24	0.00	0.01
15027	Fish, fish sticks, frozen, prepared	0.24	0.05	0.09
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0.24	0.02	0.00
19058	Snacks, tortilla chips, ranch-flavor	0.24	--	--
22906	Chicken pot pie, frozen entree, prepared	0.24	0.00	0.00
10123	Pork, cured, bacon, unprepared	0.23	0.00	0.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0.23	--	0.00
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0.23	--	0.00
36044	ON THE BORDER, Mexican rice	0.23	--	0.00
19056	Snacks, tortilla chips, plain, white corn, salted	0.23	--	0.00
21340	McDONALD'S, Sausage Burrito	0.23	0.00	0.02
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0.23	0.00	0.02
36613	DENNY'S, macaroni & cheese, from kid's menu	0.23	--	0.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0.23	0.01	0.00
32020	Chicken, thighs, frozen, breaded, reheated	0.23	0.00	0.00
36045	ON THE BORDER, refried beans	0.23	--	0.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0.22	0.02	0.00
18964	Cinnamon buns, frosted (includes honey buns)	0.22	0.00	0.00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.22	--	0.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0.22	0.00	0.00
02021	Spices, ginger, ground	0.22	--	0.00
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.22	0.00	0.01
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.22	--	0.00
22902	Pizza, meat topping, thick crust, frozen, cooked	0.22	0.00	0.00
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.22	--	0.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0.22	0.02	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
11398	Potato puffs, frozen, unprepared	0.22	--	0.00
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.22	--	0.00
09447	Plantains, yellow, fried, Latino restaurant	0.22	--	0.00
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0.22	0.01	0.00
36059	Restaurant, Italian, chicken parmesan without pasta	0.22	0.00	0.00
36413	Restaurant, Latino, black bean soup	0.22	0.00	0.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0.21	0.02	0.01
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.21	--	0.00
09446	Plantains, green, fried	0.21	0.00	0.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	0.21	--	0.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	0.21	--	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0.21	0.02	0.01
21401	Fast foods, chicken tenders	0.21	0.00	0.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0.21	0.01	0.00
10860	Pork, cured, bacon, cooked, baked	0.21	--	0.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0.21	--	0.01
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0.21	--	0.00
07075	Sausage, smoked link sausage, pork and beef	0.21	--	0.00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0.21	0.02	0.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0.21	--	0.00
07960	Bologna, chicken, pork	0.20	--	0.00
07971	Bologna, meat and poultry	0.20	0.00	0.01
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	0.20	0.02	0.01
23297	Beef, Australian, imported, grass-fed, seam fat, raw	0.20	0.01	--
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.20	0.00	0.01
05734	Turkey, retail parts, wing, meat and skin, raw	0.20	0.00	0.01
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.20	0.00	0.01
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0.20	0.01	0.01
21064	Fast foods, burrito, with beans, cheese, and beef	0.20	0.00	0.00
21265	TACO BELL, BURRITO SUPREME with beef	0.20	0.00	0.00
07957	Pork and turkey sausage, pre-cooked	0.20	--	0.00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	0.20	0.02	0.01
21010	Fast foods, biscuit, with crispy chicken fillet	0.20	--	0.00
21522	McDONALD'S, Southern Style Chicken Biscuit	0.20	--	0.00
36056	Restaurant, Mexican, cheese tamales	0.20	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.20	0.02	0.00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	0.20	--	0.00
10861	Pork, cured, bacon, cooked, microwaved	0.20	0.00	0.01
36051	ON THE BORDER, cheese quesadilla	0.20	0.00	0.00
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	0.20	0.00	0.00
21102	Fast foods, chicken fillet sandwich, plain with pickles	0.20	--	0.00
21142	Fast food, biscuit	0.20	--	0.00
21526	CHICK-FIL-A, chicken sandwich	0.20	--	0.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0.20	0.02	0.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0.20	0.00	0.01
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	0.20	--	--
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0.19	0.02	0.00
07025	Frankfurter, turkey	0.19	--	0.00
36049	ON THE BORDER, cheese enchilada	0.19	0.00	0.00
27065	Dip, bean, original flavor	0.19	--	0.00
27068	Dip, FRITO'S, bean, original flavor	0.19	--	0.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0.19	0.02	0.01
23296	Beef, Australian, imported, grass-fed, external fat, raw	0.19	0.01	--
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0.19	0.03	0.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	0.19	--	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0.19	--	0.00
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	0.19	0.00	0.00
05706	Turkey, whole, meat and skin, with added solution, raw	0.19	0.00	0.01
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0.19	0.00	0.00
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	0.18	0.00	0.00
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	0.18	0.00	0.00
21014	Fast foods, croissant, with egg, cheese, and sausage	0.18	0.00	0.01
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	0.18	--	--
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0.18	0.00	0.01
32032	Sausage, egg and cheese breakfast biscuit	0.18	0.00	0.01
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0.18	0.00	0.01
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	0.18	0.00	0.00
01137	Egg, yolk, dried	0.18	0.00	0.25
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0.18	--	0.00
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	0.18	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	0.18	0.00	0.00
16010	Beans, baked, canned, with pork and sweet sauce	0.18	--	0.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.18	0.02	0.01
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.18	0.00	0.00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	0.18	--	0.00
07072	Salami, dry or hard, pork, beef	0.18	0.00	0.01
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.18	0.00	0.01
22973	Corn dogs, frozen, prepared	0.18	0.00	0.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0.18	--	0.00
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	0.18	--	--
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	0.18	--	--
16171	Refried beans, canned, vegetarian	0.18	--	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.18	0.02	0.01
18350	Rolls, hamburger or hotdog, plain	0.18	--	0.00
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0.18	0.00	0.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.18	0.00	0.01
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0.18	--	0.01
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	0.18	--	0.00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0.18	0.00	0.00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0.18	0.00	0.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0.17	0.00	0.01
21139	Fast foods, potato, mashed	0.17	0.00	0.00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	0.17	--	0.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0.17	0.16	0.21
01133	Egg, whole, dried	0.17	0.00	0.20
07074	Smoked link sausage, pork	0.17	--	0.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.17	--	0.00
16403	Refried beans, canned, traditional, reduced sodium	0.17	--	0.00
07959	Bologna, chicken, pork, beef	0.17	--	0.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0.17	--	0.00
28313	Rolls, hamburger or hot dog, whole wheat	0.17	--	0.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	0.17	0.02	0.01
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	0.17	--	0.00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	0.17	0.00	0.00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0.17	0.03	0.01

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0.17	0.02	0.01
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.17	0.00	0.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0.17	--	0.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	0.17	0.00	0.00
21260	TACO BELL, Original Taco with beef, cheese and lettuce	0.17	0.00	0.00
05668	Ground turkey, 85% lean, 15% fat, raw	0.16	0.01	0.01
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0.16	--	0.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	0.16	0.00	0.00
07057	Pepperoni, beef and pork, sliced	0.16	--	0.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.16	0.00	0.01
07972	Meatballs, frozen, Italian style	0.16	0.00	0.00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0.16	0.35	0.27
18959	Pastry, Pastelitos de Guava (guava pastries)	0.16	0.00	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.16	--	0.00
18065	Bread, wheat, toasted	0.16	--	0.00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	0.16	--	0.00
07958	Turkey sausage, fresh, cooked	0.16	--	0.00
09062	Cherimoya, raw	0.16	--	0.00
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	0.16	--	--
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0.16	0.01	0.00
21486	Fast foods, taco with beef, cheese and lettuce, soft	0.16	0.01	0.00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0.16	0.03	0.01
36052	Restaurant, Mexican, cheese quesadilla	0.16	0.00	0.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	0.16	--	--
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0.15	0.01	0.01
16172	Refried beans, canned, fat-free	0.15	--	0.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0.15	0.06	0.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.15	0.01	0.00
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0.15	0.01	0.00
02030	Spices, pepper, black	0.15	--	0.00
21121	Fast foods, roast beef sandwich, plain	0.15	0.00	0.00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	0.15	--	--
21527	ARBY'S, roast beef sandwich, classic	0.15	0.00	0.00
27064	Wasabi	0.15	0.00	0.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0.15	0.07	0.03

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0.15	--	--
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0.15	0.00	0.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0.15	0.00	0.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0.15	0.02	0.01
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	0.15	--	--
15236	Fish, salmon, Atlantic, farmed, raw	0.15	0.86	1.10
18946	Pie crust, refrigerated, regular, baked	0.15	--	--
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.15	0.03	0.01
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0.15	0.02	0.00
35141	Mutton, cooked, roasted (Navajo)	0.15	--	--
05356	Chicken, broiler, rotisserie, BBQ, skin	0.15	--	0.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.15	0.02	0.01
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0.15	0.00	0.00
22970	Macaroni and cheese, frozen entree	0.15	0.00	0.00
21024	Fast foods, french toast sticks	0.14	--	0.00
21386	BURGER KING, french toast sticks	0.14	--	--
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	0.14	0.00	0.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0.14	0.02	0.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.14	0.00	0.01
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	0.14	0.00	0.01
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.14	--	0.00
01210	Egg Mix, USDA Commodity	0.14	--	--
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.14	0.01	0.01
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.14	0.00	0.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0.14	0.01	0.00
36625	Restaurant, Chinese, vegetable lo mein, without meat	0.14	--	0.00
05742	Turkey, retail parts, thigh, meat and skin, raw	0.14	0.00	0.01
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0.14	0.02	0.05
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.14	0.00	0.01
07064	Pork sausage, link/patty, cooked, pan-fried	0.14	0.00	0.00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0.14	0.02	0.01
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0.14	0.02	0.00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0.14	--	0.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	0.14	--	0.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.14	0.01	0.01

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
01253	Cheese, pasteurized process, American, without added vitamin D	0.14	0.01	0.01
17369	Lamb, New Zealand, imported, liver, raw	0.14	0.13	0.16
18075	Bread, whole-wheat, commercially prepared	0.14	--	0.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0.14	0.02	0.00
05306	Ground turkey, cooked	0.14	0.01	0.01
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0.14	0.02	0.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0.14	0.05	0.01
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.14	0.03	0.01
18064	Bread, wheat	0.14	0.00	0.00
20142	Teff, uncooked	0.14	--	--
21228	McDONALD'S, Hamburger	0.13	0.00	0.00
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.13	0.00	0.00
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	0.13	0.00	0.00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.13	--	0.00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0.13	0.02	0.00
07955	Turkey sausage, fresh, raw	0.13	--	0.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0.13	0.02	0.00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0.13	0.02	0.00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0.13	0.02	0.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0.13	0.00	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0.13	0.00	0.00
18948	Pie crust, refrigerated, regular, unbaked	0.13	--	--
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.13	--	--
28306	Bread, chapati or roti, plain, commercially prepared	0.13	--	0.00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.13	--	0.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.13	0.00	0.01
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0.13	0.02	0.01
21108	Fast foods, hamburger; single, regular patty; with condiments	0.13	0.00	0.00
21388	Fast foods, miniature cinnamon rolls	0.13	--	--
36623	Restaurant, Chinese, chicken chow mein	0.13	--	0.00
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	0.13	--	0.00
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	0.13	--	--
07069	Salami, cooked, beef and pork	0.13	--	0.00
23438	Beef, New Zealand, imported, sweetbread, raw	0.13	0.02	0.00
01017	Cheese, cream	0.12	0.01	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
01040	Cheese, swiss	0.12	--	0.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	0.12	--	0.00
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0.12	0.02	0.01
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.12	0.02	0.01
21089	Fast foods, cheeseburger; single, regular patty; plain	0.12	0.00	0.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0.12	0.02	0.00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.12	0.00	0.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0.12	0.01	0.00
18952	Tostada shells, corn	0.12	--	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0.12	0.01	0.00
35183	Corn, dried, yellow (Northern Plains Indians)	0.12	--	--
07063	Pork sausage, link/patty, unprepared	0.12	0.00	0.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	0.12	--	0.00
21251	BURGER KING, Cheeseburger	0.12	--	0.00
01053	Cream, fluid, heavy whipping	0.12	0.01	0.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.12	--	0.00
19120	Candies, milk chocolate	0.12	--	0.00
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	0.12	--	0.00
21242	WENDY'S, Jr. Hamburger, with cheese	0.12	--	0.00
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.12	0.01	0.00
01254	Cheese food, pasteurized process, American, without added vitamin D	0.12	0.01	0.00
05665	Ground turkey, 93% lean, 7% fat, raw	0.12	0.00	0.01
21107	Fast foods, hamburger; single, regular patty; plain	0.12	0.00	0.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	0.12	0.03	0.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0.12	0.01	0.00
12014	Seeds, pumpkin and squash seed kernels, dried	0.12	--	0.00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0.12	--	0.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0.12	0.04	0.01
21344	McDONALD'S, Double Cheeseburger	0.12	0.00	0.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0.12	0.00	0.01
21419	KFC, biscuit	0.12	--	0.00
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	0.12	--	0.00
01031	Cheese, neufchatel	0.12	--	--
01270	Cheese, cheddar, sharp, sliced	0.12	0.01	0.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0.12	0.01	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
17371	Lamb, New Zealand, imported, ground lamb, raw	0.12	0.02	0.00
19078	Baking chocolate, unsweetened, squares	0.12	--	0.00
21096	Fast foods, cheeseburger; single, large patty; plain	0.12	0.01	0.00
22963	Lean Pockets, Meatballs & Mozzarella	0.12	--	0.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0.12	--	0.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0.12	0.02	0.00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0.12	0.01	0.00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.12	--	--
22904	Chili con carne with beans, canned entree	0.12	--	0.00
22962	LEAN POCKETS, Ham N Cheddar	0.12	0.00	0.00
28333	Cookies, gluten-free, chocolate wafer	0.12	0.00	0.00
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0.12	0.00	0.00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.12	--	0.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.12	0.00	0.00
05707	Turkey, whole, meat and skin, with added solution, roasted	0.11	0.01	0.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0.11	0.02	0.01
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0.11	0.02	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.11	0.03	0.01
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0.11	0.00	0.02
21357	McDONALD'S, Egg McMUFFIN	0.11	0.00	0.02
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	0.11	0.10	0.01
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0.11	0.02	0.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	0.11	0.02	0.01
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0.11	0.03	0.01
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0.11	0.02	0.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	0.11	0.03	0.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.11	0.00	0.01
12147	Nuts, pine nuts, dried	0.11	--	0.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	0.11	0.03	0.01
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	0.11	0.00	0.00
21395	Fast foods, cheeseburger; double, regular patty; with condiments	0.11	0.00	0.00
09037	Avocados, raw, all commercial varieties	0.11	--	0.00
09038	Avocados, raw, California	0.11	--	0.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	0.11	--	0.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	0.11	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
36602	Restaurant, Chinese, fried rice, without meat	0.11	0.00	0.00
01227	Cheese, dry white, queso seco	0.11	0.01	0.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	0.11	0.02	0.01
05183	Turkey, dark meat, meat and skin, raw	0.11	--	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0.11	0.00	0.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.11	0.04	0.02
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0.11	0.00	0.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0.11	0.00	0.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.11	0.02	0.01
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0.11	0.00	0.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.11	0.01	0.00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.11	0.04	0.02
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	0.11	0.03	0.01
21250	BURGER KING, Hamburger	0.11	0.00	0.00
21505	Pizza, cheese topping, thin crust, frozen, cooked	0.11	0.00	0.00
01229	Cheese, white, queso blanco	0.10	0.01	0.00
05166	Turkey, whole, meat and skin, cooked, roasted	0.10	0.01	0.00
05181	Turkey from whole, light meat, meat and skin, raw	0.10	0.00	0.00
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.10	--	0.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0.10	--	0.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0.10	0.00	0.00
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0.10	0.00	0.00
21506	BURGER KING, Double Cheeseburger	0.10	0.01	0.00
05305	Ground turkey, raw	0.10	0.01	0.01
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0.10	0.00	0.01
21241	WENDY'S, Jr. Hamburger, without cheese	0.10	--	0.00
01032	Cheese, parmesan, grated	0.10	--	0.00
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	0.10	0.01	--
36411	Restaurant, Latino, tamale, corn	0.10	0.00	0.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0.10	0.02	0.01
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.10	0.00	0.00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.10	0.00	0.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0.10	--	0.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0.10	0.02	0.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	0.10	0.03	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
01228	Cheese, fresh, queso fresco	0.10	0.01	0.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	0.10	0.03	0.01
25037	Snacks, pita chips, salted	0.10	0.00	0.00
36412	Restaurant, Latino, tamale, pork	0.10	--	0.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.10	0.00	0.00
10192	Pork, fresh, backribs, separable lean and fat, raw	0.10	0.00	0.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.10	0.03	0.02
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	0.10	0.01	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.10	--	0.00
04701	Oil, industrial, soy, fully hydrogenated	0.10	--	0.00
07007	Bologna, beef	0.10	0.00	0.00
17373	Lamb, New Zealand, imported, heart, raw	0.10	0.06	0.02
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0.10	0.02	0.00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	0.10	0.00	0.00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	0.10	0.00	0.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.10	0.03	0.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0.10	0.00	0.01
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0.10	0.03	0.01
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0.10	0.02	0.01
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.09	0.00	0.01
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	0.09	0.02	0.01
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.09	0.00	0.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.09	0.03	0.00
01126	Egg, yolk, raw, frozen, pasteurized	0.09	0.00	0.14
05175	Turkey, heart, all classes, raw	0.09	0.00	0.01
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.09	0.00	0.01
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.09	0.00	0.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0.09	0.02	0.01
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	0.09	--	0.00
21507	WENDY'S, Double Stack, with cheese	0.09	0.00	0.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	0.09	0.03	0.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	0.09	--	0.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.09	0.01	0.00
18209	Cookies, sugar wafers with creme filling, regular	0.09	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
22969	Chili with beans, microwavable bowls	0.09	--	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0.09	0.02	0.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.09	0.03	0.01
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	0.09	0.02	0.00
10972	Pork, ground, 84% lean / 16% fat, raw	0.09	0.00	0.01
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0.09	--	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0.09	0.02	0.00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	0.09	--	0.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0.09	--	0.00
18055	Bread, reduced-calorie, wheat	0.09	0.00	0.00
19903	Chocolate, dark, 60-69% cacao solids	0.09	--	0.00
28334	Cookies, gluten-free, lemon wafer	0.09	0.00	0.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.09	0.00	0.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.09	0.03	0.01
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0.09	0.00	0.00
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	0.09	0.01	--
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0.09	0.00	0.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0.09	0.03	0.01
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0.09	0.03	0.01
19902	Chocolate, dark, 45- 59% cacao solids	0.08	0.00	0.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	0.08	0.02	0.00
31036	Potatoes, mashed, ready-to-eat	0.08	0.00	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	0.08	--	0.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0.08	--	0.00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0.08	--	0.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.08	0.00	0.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	0.08	0.02	0.00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0.08	0.00	0.13
01160	Egg, yolk, raw, frozen, salted, pasteurized	0.08	0.00	0.11
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.08	0.00	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.08	0.00	0.00
18967	Bread, white wheat	0.08	0.00	0.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0.08	0.00	0.00
43274	Cheese, cream, low fat	0.08	--	0.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0.08	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
09314	Sapote, mamey, raw	0.08	--	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.08	0.00	0.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.08	0.00	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.08	0.00	0.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0.08	0.01	0.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0.08	0.00	0.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0.08	0.00	0.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.08	0.00	0.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0.08	0.02	0.01
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	0.08	0.02	0.00
05333	Chicken, ground, crumbles, cooked, pan-browned	0.08	0.01	0.03
10088	Pork, fresh, spareribs, separable lean and fat, raw	0.08	--	0.00
16147	Veggie burgers or soyburgers, unprepared	0.08	--	0.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.08	0.02	0.01
18185	Cookies, peanut butter, commercially prepared, regular	0.08	0.00	0.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0.08	0.15	0.03
36032	DENNY'S, spaghetti and meatballs	0.08	--	0.00
36038	Restaurant, family style, spaghetti and meatballs	0.08	--	0.00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0.08	0.00	0.01
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.08	--	0.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	0.08	0.01	0.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0.08	0.03	0.01
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0.08	0.00	0.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0.08	--	0.00
09144	Jackfruit, raw	0.08	--	0.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.08	0.00	0.00
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	0.08	0.00	0.00
07965	Pork sausage, link/patty, reduced fat, unprepared	0.08	--	0.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0.08	0.03	0.01
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0.08	0.15	0.06
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0.08	0.02	0.01
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0.08	0.03	0.00
25027	Snacks, plantain chips, salted	0.08	0.03	0.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.08	0.00	0.01
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.08	0.00	0.01

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0.08	--	0.00
04638	Salad dressing, ranch dressing, fat-free	0.08	--	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	0.08	--	0.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.08	0.00	0.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0.08	--	0.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0.08	--	0.00
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	0.08	--	0.00
18023	Bread, combread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.08	0.00	0.01
21310	McDONALD'S, Barbeque Sauce	0.08	--	--
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0.08	0.01	0.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	0.08	0.02	0.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.08	0.00	0.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.08	--	0.00
16029	Beans, kidney, all types, mature seeds, canned	0.08	--	0.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	0.08	0.04	0.01
19109	Candies, KIT KAT Wafer Bar	0.08	--	0.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	0.08	0.03	0.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.08	0.00	0.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.07	0.00	0.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	0.07	0.04	0.01
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	0.07	0.02	0.01
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	0.07	0.02	0.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0.07	0.02	0.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.07	0.01	0.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	0.07	--	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.07	0.00	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.07	0.00	0.00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	0.07	--	0.00
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	0.07	0.00	0.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	0.07	0.03	0.00
05188	Turkey, from whole, dark meat, cooked, roasted	0.07	0.01	0.00
05216	Turkey, back, from whole bird, meat only, roasted	0.07	0.01	0.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0.07	--	0.00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0.07	0.01	0.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0.07	0.01	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0.07	0.01	0.00
05741	Turkey, thigh, from whole bird, meat only, roasted	0.07	0.01	0.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.07	0.00	0.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.07	0.00	0.00
13047	Beef, grass-fed, ground, raw	0.07	0.00	0.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	0.07	--	0.00
08122	Cereals, oats, instant, fortified, plain, dry	0.07	--	0.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.07	0.00	0.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	0.07	0.02	0.01
20124	Pasta, whole-wheat, dry	0.07	--	0.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0.07	0.02	0.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0.07	0.02	0.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0.07	--	0.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.07	0.00	0.01
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0.07	0.00	0.01
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.07	0.02	0.01
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	0.07	0.02	0.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0.07	--	0.00
01056	Cream, sour, cultured	0.07	0.01	0.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0.07	--	0.00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	0.07	--	0.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	0.07	--	0.00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	0.07	0.00	0.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	0.07	0.00	0.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0.07	0.02	0.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0.07	0.02	0.00
05165	Turkey, whole, meat and skin, raw	0.07	0.00	0.00
07954	Beef sausage, pre-cooked	0.07	--	0.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0.07	0.00	0.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	0.07	0.02	0.01
18955	Bread, pan dulce, sweet yeast bread	0.07	--	0.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.07	0.00	0.00
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.07	0.00	0.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0.07	0.01	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
27054	Dip, TOSTITOS, salsa con queso, medium	0.07	--	0.00
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0.07	--	0.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0.06	0.00	0.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	0.06	--	0.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0.06	0.02	0.01
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0.06	0.02	0.01
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0.06	0.03	0.02
19383	Candies, toffee, prepared-from-recipe	0.06	--	0.00
20140	Spelt, uncooked	0.06	--	--
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.06	0.00	0.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.06	0.00	0.00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.06	--	0.00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0.06	--	0.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0.06	0.02	0.00
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0.06	0.02	0.00
28286	Bread, paratha, whole wheat, commercially prepared, frozen	0.06	--	0.00
18029	Bread, french or vienna (includes sourdough)	0.06	--	0.00
19047	Snacks, pretzels, hard, plain, salted	0.06	--	0.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.06	0.00	0.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0.06	0.00	0.00
21315	McDONALD'S, Sweet 'N Sour Sauce	0.06	--	--
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0.06	--	0.00
01050	Cream, fluid, light (coffee cream or table cream)	0.06	0.00	0.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0.06	--	0.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	0.06	--	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0.06	0.02	0.00
19138	Candies, truffles, prepared-from-recipe	0.06	--	0.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	0.06	--	0.00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0.06	--	0.00
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0.06	--	0.00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	0.06	0.00	0.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0.06	0.02	0.00
01260	Cheese, cheddar, reduced fat	0.06	0.01	0.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0.06	--	0.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.06	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0.06	--	0.00
11477	Squash, summer, zucchini, includes skin, raw	0.06	--	0.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0.06	0.03	0.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.06	0.03	0.01
20648	Sorghum flour, whole-grain	0.06	0.00	0.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0.06	--	0.00
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0.06	--	0.00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.06	0.00	0.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0.06	0.06	0.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	0.06	0.01	0.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	0.06	--	0.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	0.06	--	0.00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0.06	0.00	0.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	0.06	0.03	0.01
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	0.06	--	0.00
15240	Fish, trout, rainbow, farmed, raw	0.06	0.22	0.52
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0.06	0.03	0.01
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	0.06	0.01	--
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0.06	0.02	0.01
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0.06	0.02	0.00
25046	Snacks, bagel chips, plain	0.06	0.00	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.06	--	0.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	0.06	0.00	0.00
20109	Noodles, egg, dry, enriched	0.06	--	0.00
20409	Noodles, egg, dry, unenriched	0.06	--	0.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0.06	0.01	0.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	0.06	--	0.00
25050	Snacks, yucca (cassava) chips, salted	0.06	0.03	0.00
36042	OLIVE GARDEN, lasagna classico	0.06	0.00	0.00
03189	Babyfood, cereal, oatmeal, dry fortified	0.06	--	0.00
05332	Chicken, ground, raw	0.06	0.01	0.02
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	0.06	0.02	0.00
27056	Sauce, barbecue, BULL'S-EYE, original	0.06	--	0.00
32031	Salisbury steak with gravy, frozen	0.06	0.00	0.00
06583	Soup, ramen noodle, any flavor, dry	0.06	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
06983	Soup, ramen noodle, chicken flavor, dry	0.06	--	0.00
15253	Salmon, sockeye, canned, total can contents	0.06	0.53	0.70
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.06	0.02	0.01
06982	Soup, ramen noodle, beef flavor, dry	0.06	--	0.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0.06	--	0.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.06	0.00	0.00
25000	Snacks, popcorn, microwave, 94% fat free	0.06	--	0.00
36041	Restaurant, Italian, lasagna with meat	0.06	0.00	0.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.06	0.00	0.00
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	0.06	0.00	0.00
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	0.05	--	0.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.05	--	0.00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0.05	--	0.00
15087	Fish, salmon, sockeye, canned, drained solids	0.05	0.52	0.75
15234	Fish, catfish, channel, farmed, raw	0.05	0.02	0.06
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	0.05	0.03	0.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0.05	0.02	0.00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0.05	0.02	0.00
35146	Stew, mutton, corn, squash (Navajo)	0.05	--	--
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.05	0.00	0.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.05	0.00	0.00
18168	Cookies, chocolate sandwich, with extra creme filling	0.05	--	0.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	0.05	--	0.00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	0.05	0.01	--
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	0.05	0.02	--
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0.05	0.11	0.04
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0.05	0.01	0.00
35144	Stew, dumpling with mutton (Navajo)	0.05	--	--
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0.05	0.00	0.01
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0.05	0.01	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.05	--	0.00
16006	Beans, baked, canned, plain or vegetarian	0.05	--	0.00
18160	Cookies, chocolate chip, commercially prepared, soft-type	0.05	--	0.00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	0.00	0.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	0.05	0.02	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23572	Beef, ground, 80% lean meat / 20% fat, raw	0.05	--	0.00
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.05	0.00	0.00
35142	Frybread, made with lard (Navajo)	0.05	--	--
01225	Dulce de Leche	0.05	0.00	0.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0.05	0.00	0.01
07956	Beef sausage, fresh, cooked	0.05	--	0.00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	0.05	--	0.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	0.05	--	0.00
11979	Peppers, jalapeno, raw	0.05	--	0.00
12040	Seeds, sunflower seed butter, without salt	0.05	--	0.00
12540	Seeds, sunflower seed butter, with salt added	0.05	--	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	0.05	0.12	0.08
17367	Lamb, New Zealand, imported, kidney, raw	0.05	0.09	0.04
18030	Bread, french or vienna, toasted (includes sourdough)	0.05	--	0.00
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	0.05	0.02	--
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0.05	0.10	0.04
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0.05	0.01	0.00
05176	Turkey, heart, all classes, cooked, simmered	0.05	0.01	0.00
15274	Fish, trout, brook, raw, New York State	0.05	0.07	0.25
19410	Snack, potato chips, made from dried potatoes, plain	0.05	0.00	0.00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	0.00	0.00
05716	Turkey, retail parts, drumstick, meat only, raw	0.05	0.00	0.01
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0.05	--	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0.05	--	0.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	0.05	--	0.00
15084	Fish, salmon, pink, canned, total can contents	0.05	0.32	0.67
15260	Fish, salmon, pink, canned, drained solids	0.05	0.33	0.74
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0.05	--	0.00
20138	Wheat, KAMUT khorasan, uncooked	0.05	--	--
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	0.05	0.00	0.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.05	0.00	0.00
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.05	0.00	0.00
36043	CARRABBA'S ITALIAN GRILL, lasagne	0.05	0.00	0.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0.05	--	0.00
15085	Fish, salmon, sockeye, raw	0.05	0.25	0.47

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	0.05	0.04	--
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0.05	0.02	0.00
23418	Beef, New Zealand, imported, inside, raw	0.05	0.02	0.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	0.05	0.00	0.00
28288	Bread, roll, Mexican, bolillo	0.05	--	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.05	--	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.05	--	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.05	--	0.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	0.05	--	0.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0.05	0.00	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	0.04	--	0.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.04	0.00	0.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0.04	--	0.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.04	0.00	0.00
15083	Fish, salmon, pink, raw	0.04	0.18	0.33
15262	Fish, tilapia, cooked, dry heat	0.04	0.00	0.13
18961	Crackers, cream, GAMESA SABROSAS	0.04	--	0.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.04	0.00	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0.04	0.02	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	0.04	--	0.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	0.04	--	0.00
35234	Piki bread, made from blue cornmeal (Hopi)	0.04	0.00	0.00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.04	0.00	0.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0.04	0.01	0.01
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.04	0.00	0.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.04	0.00	0.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.04	0.00	0.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.04	0.00	0.00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	0.04	--	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0.04	--	0.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	0.04	0.00	0.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0.04	0.00	0.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	0.04	--	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	0.04	0.00	0.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	0.04	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
20647	Millet flour	0.04	--	0.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.04	0.00	0.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0.04	0.02	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	0.04	0.00	0.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.04	0.01	0.01
05168	Turkey, whole, meat only, cooked, roasted	0.04	0.01	0.00
09520	Kiwifruit, ZESPRI SunGold, raw	0.04	--	0.00
10102	Pork, fresh, variety meats and by-products, feet, raw	0.04	--	0.00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.04	0.00	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.04	--	0.00
11467	Squash, summer, crookneck and straightneck, raw	0.04	--	0.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.04	0.44	0.70
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.04	0.02	0.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.04	--	0.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.04	--	0.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.04	--	0.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.04	--	0.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	0.04	--	0.00
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.04	--	0.00
05171	Turkey, whole, giblets, raw	0.04	0.00	0.02
05705	Turkey, whole, meat only, with added solution, roasted	0.04	0.01	0.00
10898	Pork, pickled pork hocks	0.04	--	0.00
20001	Amaranth grain, uncooked	0.04	--	--
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.04	0.00	--
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	0.04	--	0.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	0.04	0.00	0.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0.04	0.00	0.01
17375	Lamb, New Zealand, imported, sweetbread, raw	0.04	0.02	0.01
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.04	0.00	0.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.04	0.00	0.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.04	0.00	0.00
23220	Beef, ground, unspecified fat content, cooked	0.04	0.00	0.00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	0.04	0.01	--
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0.04	0.08	0.02
01049	Cream, fluid, half and half	0.04	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0.04	0.00	0.01
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0.04	0.02	0.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	0.04	--	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0.04	--	0.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0.04	--	0.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.04	--	0.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.04	--	0.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.04	--	0.00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.04	0.00	0.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.04	0.00	0.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.04	0.01	0.00
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	0.04	0.03	--
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	0.04	--	0.00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.04	0.00	0.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.04	--	0.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.04	--	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.04	--	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0.04	--	0.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.04	0.00	0.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.04	0.27	0.68
16011	Beans, baked, canned, with pork and tomato sauce	0.04	--	0.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	0.04	--	0.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	0.04	--	0.00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.04	0.00	0.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.04	0.00	0.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.04	0.00	0.00
23431	Beef, New Zealand, imported, ribs prepared, raw	0.04	0.01	0.00
32009	Pasta mix, classic beef, unprepared	0.04	--	0.00
05177	Turkey, liver, all classes, raw	0.04	0.01	0.04
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.04	0.00	0.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.04	0.00	0.00
18960	Crackers, snack, GOYA CRACKERS	0.04	0.00	0.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.04	0.00	0.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.04	0.00	0.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.04	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.04	0.00	0.00
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.04	--	0.00
36631	OLIVE GARDEN, spaghetti with meat sauce	0.04	--	0.00
04642	Oil, industrial, mid-oleic, sunflower	0.04	--	0.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	0.04	--	0.00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0.04	--	0.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0.04	--	0.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0.04	--	0.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.04	0.00	0.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--	0.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0.04	0.01	0.00
28348	Rolls, dinner, sweet	0.04	0.00	0.01
01123	Egg, whole, raw, fresh	0.04	0.00	0.06
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0.04	--	0.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.04	--	0.00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.04	--	0.00
20125	Pasta, whole-wheat, cooked	0.04	--	0.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.04	0.00	0.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.04	0.00	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	0.04	--	0.00
35236	Stew, pinto bean and hominy, baduhsuki (Hopi)	0.04	--	0.00
36019	APPLEBEE'S, chili	0.04	0.00	0.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	0.04	--	0.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0.04	--	0.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.04	0.00	0.00
21416	POPEYES, Coleslaw	0.04	0.01	0.00
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	0.04	--	0.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.04	0.00	0.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.04	0.00	0.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	0.00	0.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0.04	0.00	0.00
36037	Restaurant, family style, chili with meat and beans	0.04	0.00	0.00
36608	CRACKER BARREL, grilled sirloin steak	0.04	0.01	0.00
36630	Restaurant, Italian, spaghetti with meat sauce	0.04	--	0.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0.03	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
05663	Ground turkey, fat free, pan-broiled crumbles	0.03	0.00	0.01
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0.03	0.00	0.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0.03	--	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0.03	--	0.00
19904	Chocolate, dark, 70-85% cacao solids	0.03	--	0.00
21141	BURGER KING, Vanilla Shake	0.03	--	0.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.03	0.00	0.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	0.03	--	0.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.03	0.00	0.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0.03	0.02	0.00
36615	DENNY'S, top sirloin steak	0.03	0.01	0.00
01255	Egg, whole, raw, frozen, salted, pasteurized	0.03	0.00	0.05
05111	Canada Goose, breast meat, skinless, raw	0.03	0.00	0.01
05178	Turkey, liver, all classes, cooked, simmered	0.03	0.02	0.05
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0.03	--	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0.03	--	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0.03	--	0.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0.03	--	0.00
15261	Fish, tilapia, raw	0.03	0.00	0.09
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.03	0.00	0.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.03	--	0.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.03	0.00	0.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.03	0.00	0.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	0.03	0.02	--
01171	Egg, whole, raw, frozen, pasteurized	0.03	0.00	0.05
05172	Turkey, whole, giblets, cooked, simmered	0.03	0.01	0.03
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.03	0.00	0.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.03	0.01	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0.03	--	0.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.03	--	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0.03	--	0.00
20036	Rice, brown, long-grain, raw	0.03	--	0.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.03	0.00	0.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.03	0.00	0.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.03	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.03	0.00	0.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.03	0.00	0.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.03	0.00	0.00
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.03	0.00	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0.03	--	0.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.03	0.00	0.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0.03	0.00	0.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.03	--	0.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.03	--	0.00
21143	CHICK-FIL-A, Chick-n-Strips	0.03	0.00	0.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.03	0.00	0.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	0.03	0.00	0.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	0.03	--	0.00
35140	Bread, kneel down (Navajo)	0.03	--	--
35237	Tamales, masa and pork filling (Hopi)	0.03	0.00	0.00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.03	0.00	0.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.03	0.00	0.01
05664	Ground turkey, fat free, patties, broiled	0.03	0.00	0.01
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.03	--	0.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.03	--	0.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.03	0.00	0.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.03	--	0.00
17203	Veal, variety meats and by-products, liver, cooked, braised	0.03	--	0.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0.03	--	0.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.03	0.00	0.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.03	0.00	0.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.03	0.01	0.00
27001	Soup, hot and sour, Chinese restaurant	0.03	--	0.00
31034	Peppers, hot pickled, canned	0.03	--	0.00
32017	Pasta mix, Italian four cheese lasagna, unprepared	0.03	--	0.00
36013	Restaurant, family style, sirloin steak	0.03	0.01	0.00
03194	Babyfood, cereal, rice, dry fortified	0.03	--	0.00
05717	Turkey, retail parts, thigh, meat only, raw	0.03	0.00	0.00
09334	Feijoa, raw	0.03	--	0.00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0.03	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0.03	--	0.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0.03	--	0.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0.03	--	0.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0.03	--	0.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	0.00	0.00
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0.03	--	0.00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.03	--	0.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.03	0.00	0.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--	0.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	0.00	0.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	--	0.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.03	0.01	0.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0.03	0.01	0.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	0.03	--	0.00
27063	Sauce, enchilada, red, mild, ready to serve	0.03	--	0.00
35147	Tamales (Navajo)	0.03	--	--
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	0.03	--	0.00
10132	Pork, cured, feet, pickled	0.03	--	0.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.03	--	0.00
15110	Fish, swordfish, raw	0.03	0.11	0.65
17000	Veal, Australian, rib, rib roast, separable lean only, raw	0.03	0.01	--
17202	Veal, variety meats and by-products, liver, raw	0.03	--	0.00
22972	Pulled pork in barbecue sauce	0.03	--	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	0.00	0.00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.03	0.00	0.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.03	0.00	0.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.03	--	0.00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.03	0.01	0.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0.03	0.00	0.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.03	0.00	0.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.03	0.00	0.00
32018	Spanish rice mix, dry mix, unprepared	0.03	--	0.00
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	0.03	0.01	0.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.03	0.00	0.01
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0.03	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
10973	Pork, ground, 96% lean / 4% fat, raw	0.03	0.00	0.01
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	0.00	0.00
16098	Peanut butter, smooth style, with salt	0.03	--	0.00
16398	Peanut butter, smooth style, without salt	0.03	--	0.00
20521	Pasta, cooked, unenriched, with added salt	0.03	--	0.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.03	0.00	0.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--	0.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.03	0.00	0.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	0.03	--	0.00
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.03	0.00	0.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	0.03	--	0.00
32010	Pasta mix, Italian lasagna, unprepared	0.03	--	0.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0.03	--	0.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.03	0.00	0.01
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.03	0.00	0.01
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0.03	--	0.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.03	--	0.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0.03	--	0.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0.03	--	0.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.03	0.00	0.00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.03	--	0.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0.03	0.00	0.00
22977	Lasagna with meat sauce, frozen, prepared	0.03	0.00	0.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	0.00	0.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	0.00	0.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.03	0.00	0.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.03	0.01	0.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.03	0.00	0.00
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.03	0.00	--
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.03	--	0.00
05080	Chicken, broilers or fryers, leg, meat only, raw	0.02	0.00	0.01
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.02	0.00	0.01
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0.02	--	0.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0.02	--	0.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.02	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.02	--	0.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0.02	0.00	0.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.02	0.00	0.00
16090	Peanuts, all types, dry-roasted, with salt	0.02	--	0.00
16390	Peanuts, all types, dry-roasted, without salt	0.02	--	0.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02	0.00	0.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--	0.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.02	0.00	0.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	0.02	--	0.00
25017	Formulated bar, POWER BAR, chocolate	0.02	--	0.00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.02	--	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.02	0.00	0.01
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.02	0.00	0.01
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0.02	--	0.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.02	--	0.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.02	--	0.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0.02	--	0.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.02	--	0.00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.02	--	0.00
20120	Pasta, dry, enriched	0.02	--	0.00
20121	Pasta, cooked, enriched, without added salt	0.02	--	0.00
20321	Pasta, cooked, enriched, with added salt	0.02	--	0.00
20420	Pasta, dry, unenriched	0.02	--	0.00
20421	Pasta, cooked, unenriched, without added salt	0.02	--	0.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	0.00	0.00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02	--	0.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02	--	0.00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.02	0.01	0.00
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	0.02	0.01	--
36000	APPLEBEE'S, 9 oz house sirloin steak	0.02	0.00	0.00
05173	Turkey, gizzard, all classes, raw	0.02	0.00	0.01
05174	Turkey, gizzard, all classes, cooked, simmered	0.02	0.00	0.01
09079	Cranberries, dried, sweetened	0.02	--	0.00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.02	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.02	--	0.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.02	--	0.00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02	0.00	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02	0.00	0.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0.02	0.00	0.00
22916	Lasagna with meat & sauce, frozen entree	0.02	--	0.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02	--	--
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02	0.00	0.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02	0.01	0.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.02	0.00	0.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.02	0.00	--
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02	0.00	0.00
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	0.02	0.00	0.00
36414	Restaurant, Latino, tripe soup	0.02	0.00	0.00
05662	Ground turkey, fat free, raw	0.02	0.00	0.01
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.02	0.00	0.01
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0.02	--	0.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0.02	--	0.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.02	--	0.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0.02	--	0.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.02	--	0.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.02	0.00	0.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02	0.00	0.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.02	0.01	0.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0.02	0.00	0.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	0.00	0.00
27061	Gravy, HEINZ Home Style, classic chicken	0.02	--	0.00
27062	Soup, beef barley, ready to serve	0.02	0.00	0.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0.02	0.01	0.02
06150	Sauce, barbecue	0.02	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
06307	Sauce, barbecue, KRAFT, original	0.02	--	0.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	0.02	--	0.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0.02	--	0.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0.02	--	0.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0.02	--	0.00
11292	Onions, young green, tops only	0.02	--	0.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.02	--	--
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.02	--	--
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	0.00	0.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0.02	0.01	0.00
35145	Stew, hominy with mutton (Navajo)	0.02	--	--
05186	Turkey, all classes, light meat, cooked, roasted	0.02	--	0.00
05220	Turkey, breast, from whole bird, meat only, roasted	0.02	--	0.00
05228	Turkey, wing, from whole bird, meat only, roasted	0.02	--	0.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.02	--	0.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0.02	--	0.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0.02	--	0.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0.02	--	0.00
05739	Turkey, drumstick, from whole bird, meat only, roasted	0.02	--	0.00
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.02	--	0.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0.02	0.01	0.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0.02	0.00	0.00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.02	--	0.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.02	--	0.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.02	--	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.02	--	0.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0.02	--	0.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.02	--	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.02	--	0.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.02	--	0.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.02	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.02	0.00	0.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02	0.00	0.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	0.02	--	0.00
22912	Spaghetti, with meatballs in tomato sauce, canned	0.02	--	0.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02	--	--
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.02	0.00	0.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.02	0.01	0.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
01069	Cream substitute, powdered	0.02	--	0.00
04047	Oil, coconut	0.02	--	0.00
05704	Turkey, whole, meat only, with added solution, raw	0.02	0.00	0.00
05712	Turkey, retail parts, wing, meat only, raw	0.02	0.00	0.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.02	--	0.00
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.02	--	0.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0.02	--	0.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	0.02	--	0.00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.02	--	0.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.02	--	0.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02	0.00	0.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02	0.00	0.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02	0.00	0.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02	--	--
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.02	--	--
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02	0.00	0.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.02	0.00	--
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.02	0.00	0.00
28368	SCHAR, Gluten-Free, Classic White Rolls	0.02	0.00	0.00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0.02	--	--
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0.02	--	0.00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0.02	--	0.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0.02	--	0.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0.02	--	0.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.02	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.02	--	0.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.02	--	--
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.02	--	0.00
12078	Nuts, brazilnuts, dried, unblanched	0.02	--	0.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02	0.00	0.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	0.02	--	0.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02	0.00	0.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.02	0.00	0.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.02	0.00	0.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02	0.00	0.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02	0.00	0.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02	0.00	0.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0.02	--	0.00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0.02	0.01	0.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.02	0.00	0.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.02	0.00	0.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.02	0.00	0.00
07043	Roast beef, deli style, prepackaged, sliced	0.02	0.01	0.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.02	--	0.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.02	--	0.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.02	--	0.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0.02	--	0.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	0.02	--	0.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.02	--	0.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.02	--	0.00
13326	Beef, variety meats and by-products, liver, cooked, braised	0.02	--	0.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	0.02	--	0.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02	0.00	0.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.02	0.00	0.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.02	0.00	0.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.02	0.00	0.00
15028	Fish, flatfish (flounder and sole species), raw	0.02	0.14	0.11
22998	Rice and vermicelli mix, chicken flavor, unprepared	0.02	--	0.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02	--	--

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.02	--	0.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.02	0.00	0.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.02	0.00	0.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.02	0.00	0.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.02	0.00	0.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.02	0.00	0.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.02	0.00	0.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.02	0.00	0.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.02	0.00	0.00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.02	0.00	0.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02	--	0.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.02	0.00	0.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.02	0.00	0.00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.02	0.00	0.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0.02	--	0.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0.02	--	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.02	--	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0.02	--	0.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	0.02	--	0.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0.02	--	0.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.02	--	0.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0.02	--	0.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.02	--	0.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.02	--	0.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.02	--	0.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02	0.00	0.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0.02	0.00	0.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02	0.00	0.00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.02	--	0.00
19076	Candies, caramels, chocolate-flavor roll	0.02	--	0.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.02	--	--
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.02	0.00	0.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.02	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.02	0.00	0.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.02	0.00	--
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.02	0.00	0.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.02	0.00	0.00
02026	Spices, onion powder	0.02	--	0.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.02	0.00	0.00
05710	Turkey, retail parts, breast, meat only, raw	0.02	0.00	0.00
06999	Gravy, CAMPBELL'S, chicken	0.02	--	0.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0.02	--	0.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	0.02	--	0.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0.02	--	0.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0.02	--	0.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0.02	--	0.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.02	--	0.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	0.02	--	0.00
11135	Cauliflower, raw	0.02	--	0.00
13000	Beef, grass-fed, strip steaks, lean only, raw	0.02	0.00	0.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02	0.00	0.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.02	0.00	0.00
15057	Fish, ocean perch, Atlantic, raw	0.02	0.06	0.15
15157	Mollusks, clam, mixed species, raw	0.02	0.04	0.06
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	0.02	0.00	0.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02	0.00	0.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.02	0.00	0.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.02	0.00	0.00
06019	Soup, chicken noodle, canned, condensed	0.01	--	0.00
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0.01	--	0.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0.01	--	0.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0.01	--	0.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0.01	--	0.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0.01	--	0.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.01	--	0.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.01	--	0.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	0.01	--	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	0.01	--	0.00
11167	Corn, sweet, yellow, raw	0.01	--	0.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.01	0.00	0.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01	0.00	0.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.01	0.00	0.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.01	0.00	0.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	--	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.01	0.00	0.00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01	--	0.00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	0.01	0.00	0.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01	--	0.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.01	--	0.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.01	--	0.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.01	0.00	0.00
09228	Papaya, canned, heavy syrup, drained	0.01	--	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.01	--	0.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0.01	--	0.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.01	--	0.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.01	--	0.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	0.01	--	0.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	0.01	--	0.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01	--	0.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	0.01	0.00	0.00
19382	Candies, taffy, prepared-from-recipe	0.01	--	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	0.01	0.00	0.00
21343	McDONALD'S, Low Fat Caramel Sauce	0.01	--	--
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01	--	--
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01	--	--
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	--	--

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	--	--
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01	--	0.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.01	0.00	0.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	0.01	0.00	0.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	0.01	--	0.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.01	0.00	0.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	0.00	0.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.01	0.00	0.00
02020	Spices, garlic powder	0.01	--	0.00
05028	Chicken, liver, all classes, cooked, simmered	0.01	--	0.00
05661	Chicken, liver, all classes, cooked, pan-fried	0.01	--	0.00
10130	Canadian bacon, unprepared	0.01	--	0.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	0.01	--	0.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0.01	--	0.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.01	--	0.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0.01	--	0.00
11578	Vegetable juice cocktail, canned	0.01	--	0.00
11585	Vegetable juice cocktail, low sodium, canned	0.01	--	0.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0.01	0.00	0.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	0.01	--	0.00
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	0.01	0.00	0.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	0.01	0.00	0.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.01	0.00	0.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.01	0.00	0.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01	--	0.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.01	0.00	0.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01	0.00	0.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.01	0.00	0.00
22914	Pasta with tomato sauce, no meat, canned	0.01	0.00	0.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.01	--	--
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01	--	--

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	--	--
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.01	0.00	0.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.01	0.00	0.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01	0.01	0.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01	--	0.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.01	0.00	0.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01	0.00	0.00
01284	Yogurt, Greek, strawberry, lowfat	0.01	--	0.00
02010	Spices, cinnamon, ground	0.01	--	0.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.01	0.00	0.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0.01	0.00	0.01
07081	Turkey breast, sliced, prepackaged	0.01	--	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.01	--	0.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.01	--	0.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0.01	--	0.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	0.01	--	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	0.01	--	0.00
10998	Canadian bacon, cooked, pan-fried	0.01	0.00	0.00
13321	Beef, variety meats and by-products, heart, raw	0.01	--	0.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	0.01	--	0.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01	0.00	0.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01	--	0.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
15036	Fish, halibut, Atlantic and Pacific, raw	0.01	0.07	0.13
15070	Fish, rockfish, Pacific, mixed species, raw	0.01	0.09	0.20
20037	Rice, brown, long-grain, cooked	0.01	--	0.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01	--	--
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	0.01	--	--
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	0.01	--	--

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	--	--
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01	--	--
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	--	--
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01	--	0.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01	0.01	0.00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	--	0.00
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.01	0.00	--
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.01	0.00	0.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01	0.00	0.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.01	--	0.00
07028	Ham, sliced, packaged (96% fat free, water added)	0.01	--	0.00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.01	--	0.00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0.01	--	0.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	0.01	--	0.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	0.01	0.00	0.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	0.01	0.00	0.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01	0.00	0.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01	--	0.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01	0.00	0.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	0.01	--	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01	0.00	0.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0.01	0.04	0.55
18963	Garlic bread, frozen	0.01	0.00	0.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	--	--
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	--	--
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.01	0.01	0.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01	0.01	0.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.01	--	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0.01	--	0.00
05023	Chicken, gizzard, all classes, raw	0.01	--	0.00
05185	Turkey from whole, light meat, raw	0.01	0.00	0.00
05219	Turkey, breast, from whole bird, meat only, raw	0.01	0.00	0.00
05227	Turkey, wing, from whole bird, meat only, raw	0.01	0.00	0.00
05738	Turkey, drumstick, from whole bird, meat only, raw	0.01	0.00	0.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.01	0.00	0.00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.01	--	0.00
09152	Lemon juice, raw	0.01	--	0.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.01	--	0.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	0.01	--	0.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	0.01	0.00	0.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.01	0.00	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01	0.00	0.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01	0.00	0.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01	--	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.01	0.00	0.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	--	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	0.01	0.10	0.07
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	0.01	--	--
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	--	--
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01	--	--
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01	0.00	0.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.01	0.00	0.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01	--	0.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0.01	0.00	0.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01	--	0.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	0.00	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.01	0.00	0.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01	0.00	0.00

NDB_No	Description	18:3 n-3 c,c,c (ALA)(g) Value Per	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	0.01	0.00	0.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.01	0.00	0.00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.01	--	0.00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0.01	--	0.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.01	--	0.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.01	--	0.00
05363	Ruffed Grouse, breast meat, skinless, raw	0.01	0.00	0.01
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.01	--	0.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0.01	--	0.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	0.01	--	0.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01	0.00	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.01	0.00	0.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.01	0.00	0.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	0.01	0.00	0.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	0.01	0.00	0.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01	--	0.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01	0.00	0.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01	0.00	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.01	0.00	0.03
19193	Puddings, rice, ready-to-eat	0.01	--	0.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.01	0.00	0.00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0.01	--	0.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	--	--
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.01	--	--
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.01	0.01	0.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.01	--	0.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01	--	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01	0.00	0.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01	0.00	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01	0.00	0.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01	0.00	0.00